BOOK OF PRAYERS

A SELECTION FOR
ORTHODOX CHRISTIANS



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PREFACE

This small book is the outcome of work by a 'Committee on the Translation of Liturgical Texts' formed in January 1990 with the blessing of His Eminence Archbishop Stylianos. It contains prayers for everyday use, with new versions in English. Our objective has been a translation that uses contemporary, though formal and dignified English; that is as accurate as possible within the limits of English idiom; and that conveys its meaning unambiguously without reference to the original. The decision to undertake new translations was not made lightly, but only after careful consideration of existing options. It is hoped that this book will be the first step towards achieving the desirable goal of uniformity in the English texts used in Australia.

We owe a great debt to our predecessors. Without the pioneering work of those who have previously put their hands to the task, beginning more than a century ago, our own work would have been far poorer. To a great extent we have needed to do no more than revise what exists already.

In dealing with the Psalms we have depended very much on the version of the Holy Transfiguration Monastery, Boston. The original for our purpose has been the Greek version of the Seventy, not the Hebrew

text. The English of the Psalms has been deliberately cast in a somewhat higher style, in keeping with their poetic character.

The Committee carrying out the work consisted of: Dr John A. L. Lee (chairman), Fr Miltiades Chryssavgis, Fr John Chryssavgis, Dr Harry L. Simmons, and Mr Athanasi Fouras.

Grateful acknowledgement is expressed to Mr Michael Galovic for the illustrations; to all those who commented on drafts of the book; and to those whose financial support made publication possible.

Sources

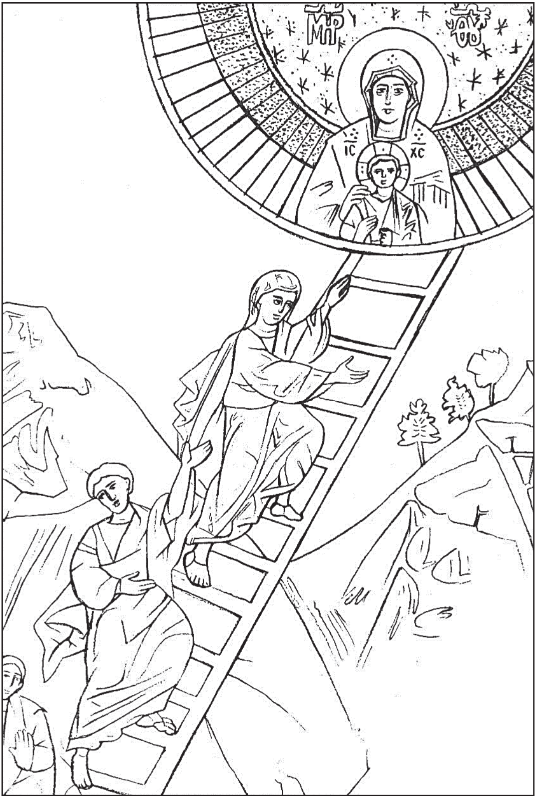
Morning and Evening Prayers, Prayers at Meals, Communion Prayers, and The Typica are taken from the *Orologion*. The Occasional Prayers have the following sources: In Time of Trouble, For Peace, Before Any Task, and Thanksgiving were composed by His Eminence Archbishop Stylianos, and translated into English by the Committee; For Forgiveness is the work of Fr John Chryssavgis; Before a Journey is based on a prayer of Fr Theodore Stylianopoulos; To a Saint is the work of the Committee; the remainder derive from the *Efchologion*.

The extracts from the *Ladder* were translated by Fr John Chryssavgis.

Scripture Reading

Where this heading occurs, the passage appointed for the day may be read.

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ON PRAYER

From the Ladder of Divine Ascent *by St John of Sinai, Step 28*

Prayer is by its very nature a dialogue and a union with God. Its effect is to hold the world together and to achieve a reconciliation with God. Prayer is the mother and daughter of tears. It is an expiation of sin, a bridge over temptation, a barrier against affliction. It wipes out conflict, is the work of Angels and the nourishment of all bodiless beings. Prayer is the future gladness, an endless work, a wellspring of virtues, a source of grace, hidden progress, food for the soul, an illumination of the mind, an axe against despair, a proof of hope, sorrow done away with. ... It is a mirror of progress, a demonstration of success, evidence of one's condition, the future revealed, a sign of glory. ...

Those of us about to stand before our King and God in order to speak with him should not move into this without preparation, lest -- seeing us from afar without arms and without the dress appropriate to those who appear before a King -- he should command his servants and slaves to bind us, to drive us out of his sight and to tear up our preparations. ...

When you set out to appear before the Lord, let the garment of your soul be woven throughout with the thread of wrongs suffered but forgotten. Otherwise, prayer will be of no benefit to you.

Pray in all simplicity. The Tax Collector and the Prodigal Son were reconciled to God with a single utterance. The attitude of prayer is one and the same for all, but there are various and many different prayers. Some talk with God as with a friend and master, lifting their praises and requests to him not for themselves but for others. Some look for greater treasures and glory and assurance in their prayers. Some ask to be freed entirely from their adversary. Some beg for rank and others for relief from all their debts. Some seek freedom from jail or for forgiveness of their offences.

Heartfelt thanksgiving should have first place in our book of prayer. Next should be confession and genuine contrition of soul. After that should come our request to the King of all. This method of prayer is the best, as one of the monks was told by an Angel of the Lord. ...

In your prayers there is no need for high-flown words; for it is the simple and unsophisticated babblings of children that have more often won the heart of their Father in heaven. Try not to talk excessively in your prayer, so that your mind is not distracted by the search for words. One word from the Tax Collector appeased God, and a single utterance of faith saved the Thief. Talkative prayer

frequently distracts the mind and deludes it, whereas brevity makes for concentration.

If during your prayer some word evokes delight or compunction within you, linger over it; for at that moment our guardian Angel is praying with us. However pure you may be, do not be forward in your dealings with God. Approach him rather in all humility, and you will be given still more boldness. And even if you have climbed the whole ladder of the virtues, pray still for the forgiveness of sins. Heed Paul's cry regarding sinners 'of whom I am the first' (1 Tim. 1.15). ...

Until we have acquired true prayer, we are like those who train children to take their first steps. Struggle to raise up, or rather to enclose, your mind within the words of your prayer; and if, like a child, it gets tired and falters, raise it up again. The mind, after all, is by nature restless, and only the all-powerful God can give it firm endurance. ... The beginning of prayer is the expulsion of distractions from the very start with a brief prayer; the middle stage is concentration on what is being said or thought; and its conclusion is rapture in the Lord. ... Faith gives wings to prayer, and without it no one can fly upward to heaven. ...

After a long spell of prayer, do not say that nothing has been gained, for you have already achieved something. After all, what higher good is there than to cling to the Lord and to persevere in unceasing union with him? ... Get ready for your set

time of prayer by unceasing prayer in your soul. In this way you will soon make progress. ... Your prayer shows where you stand. Indeed, theologians say that prayer is one's mirror. ...

Do not refuse a request to pray for the soul of another, even when you yourself lack the gift of prayer. For often the faith of the person making the request will evoke the saving contrition of the one who is offering the prayer. Do not become conceited when you have prayed for others and have been heard, for it is their faith which has been active and efficacious. ... Every virtuous act that we do -- and this is particularly true of prayer -- should be done with great sensitivity. ... Whatever is obtained as a result of long and persistent prayer will remain. When one has found the Lord, one no longer has to use words in prayer, for the Spirit will intercede for that person 'with sighs too deep for words' (Rom. 8.26). Do not form sensory images during prayer, for distraction will certainly follow. The confident expectation of gaining that for which one is begging will show up during prayer. Confidence is the absence of doubt. Confidence is sure proof of the uncertain. If prayer is your concern, then show yourself to be merciful. ...

When fire comes to dwell in the heart it resurrects prayer; and after prayer has been revived and taken up into heaven, a descent of fire occurs in the upper chamber of the soul. ... Do not stop praying as long as, by God's grace, the fervour and the tears have not

been exhausted, for it may happen that never again in your whole life will you have such a chance for the forgiveness of your sins. ... Ask with tears, seek with obedience, knock with patience. For ‘everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened’ (Matt. 7.8). ... The hour of prayer is no time for thinking over necessities, nor even spiritual things, because you may lose the better part (cf. Luke 10.42).

Hold on to the staff of prayer and you will not fall. And even a fall will not be fatal, since prayer is a devout coercion of God (cf. Matt. 11.12). ... ‘I cried out with all my heart’, says the Psalmist (Ps. 118.145). He is referring to body, soul, and spirit; and where the last two are gathered, God is there in the midst of them (cf. Matt. 18.20). We are not all the same, either in body or in soul. Some profit from singing the psalms quickly, others from doing so slowly; ... Always be brave, and God will teach you your prayer.

You cannot learn to see just because someone tells you to do so. You require your own natural power of sight. In the same way, you cannot discover from the teaching of others the beauty of prayer. Prayer has its own teacher in God, who ‘teaches us knowledge’ (Ps. 93.10) and grants prayer to those who pray and blesses the years of the just. Amen.

MORNING PRAYERS

MORNING PRAYERS

When you arise from sleep, stand before the holy icons in reverence and fear of God, and keep silence for a time. Then make the sign of the Cross and say the following prayers. If time is short, it is better to say only a few of the prayers with care, rather than recite them all in haste.

In the name of the Father and the Son and the Holy Spirit. Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, the Spirit of truth,
present everywhere and filling all things,
the treasury of good and giver of life,
come and dwell in us
and cleanse us from every impurity,
and save our souls, Gracious One.

> *During the Easter period, instead of* Heavenly King *say:*
>
> **C**hrist is risen from the dead, trampling

down death by death,
and on those in the tombs bestowing life.
Christ is risen from the dead, trampling
down death by death,
and on those in the tombs bestowing life.
Christ is risen from the dead, trampling
down death by death,
and on those in the tombs bestowing life.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father and the Son and the Holy Spirit;
Both now and ever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us.
Lord, be merciful to our sins.
Master, forgive our transgressions.
Holy One, visit us and heal our infirmities, for your name's sake.
Lord have mercy, Lord have mercy, Lord have mercy.

Glory to the Father and the Son and the Holy

Spirit;
Both now and ever and to the ages of ages. Amen.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done on earth as it is in heaven.
Give us today our daily bread
and forgive us our sins,
as we forgive those who sin against us.
And lead us not into temptation,
but deliver us from evil.

For yours is the kingdom and the power and the glory,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

Arising from sleep, we fall down before you, Gracious One,
and the hymn of the Angels we cry out to you, Mighty One:
Holy, Holy, Holy are you, O God.
Through the Theotokos have mercy on us.

Glory to the Father and the Son and the Holy Spirit;

From my bed and sleep you have raised me, Lord;

enlighten my mind and my heart,
and open my lips to praise you, Holy Trinity:
Holy, Holy, Holy are you, O God.
Through the Theotokos have mercy on us.

Both now and ever and to the ages of ages. Amen.

Suddenly the Judge will come,
and the deeds of each will be laid bare;
but with fear let us cry out in the middle of the night:
Holy, Holy, Holy are you, O God.
Through the Theotokos have mercy on us.

Lord have mercy... *(12 times)*

The night has passed, day has come
and light has shone upon the world;
therefore ranks of Angels praise and glorify you, Christ our God.

Psalm 120

I have lifted up my eyes to the mountains, from where my help comes.
My help comes from the Lord, who has made heaven and earth.
May your foot remain firm, and may he not slumber who keeps you.
Behold, he will not slumber nor will he sleep, he

who keeps Israel.
The Lord will keep you, the Lord is your shelter at your right hand.
The sun will not burn you by day, nor the moon by night.
The Lord will keep you from all evil, the Lord will guard your soul.
The Lord will keep your coming in and your going out,
from now and for evermore.

Glory to the Father and the Son and the Holy Spirit;
Both now and ever and to the ages of ages. Amen.

The Creed

I believe in one God, Father Almighty,
maker of heaven and earth,
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of the Father before all ages,
light from light,
true God from true God,
begotten not made,
of one essence with the Father;
through him all things were made.

Who for us and for our salvation
came down from heaven,
and was incarnate of the Holy Spirit
and the Virgin Mary,
and became human,
and was crucified for us under Pontius Pilate,
and suffered and was buried,
and rose on the third day according to the
 Scriptures,
and ascended into heaven,
and is seated at the right hand of the Father,
and will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

And in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father,
who together with the Father and the Son
is worshipped and glorified,
and who spoke through the Prophets.

In one holy, catholic and apostolic Church.
I acknowledge one baptism for the forgiveness of
 sins.
I expect the resurrection of the dead,
and the life of the age to come. Amen.

Choose one or more of the following prayers

1

Arising from sleep I give thanks to you, Holy Trinity,
that because of your great goodness and patience
you have not been angry with me, lazy and sinful though I am,
and have not destroyed me and my sins together,
but have shown your usual loving kindness,
and though I inclined to despair have moved me
to rise early and glorify your might.
Now enlighten the eyes of my mind
and open my mouth so that I may study your sayings,
understand your commandments,
do your will,
sing to you with thankful heart,
and praise your all-holy name,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

2

Christ the true light,
which enlightens and sanctifies
everyone who comes into the world,
may the light of your countenance be signed upon us,
so that in it we may see the unapproachable light,
and may you direct our steps towards performing your commandments;

through the intercessions of your all-pure Mother
and all your Saints. Amen.

3

Truly it is right to call you blessed, Theotokos,
ever-blessed and all-pure and the Mother of our God.
More honourable than the Cherubim,
incomparably more glorious than the Seraphim,
who undefiled gave birth to God the Word,
true Theotokos, we magnify you.

To the Theotokos let us sinners and lowly ones now earnestly run,
and let us fall down in repentance,
crying from the depth of our soul:
Lady, come to our help and have compassion upon us;
hasten, for we perish in a multitude of sins;
turn not your servants away empty-handed,
for you alone do we have as our hope.

4

Prayer of St Ephraim

Recited in Great Lent, with a prostration after each verse

Lord and Master of my life,

give me not a spirit of idleness, meddling,
love of power and idle talk.

But grant me, your servant,
a spirit of soberness, humility, patience and
love.

Yes, Lord and King,
grant me to see my own faults, and not
condemn my brother;
for blessed are you, to the ages of ages. Amen.

The Great Doxology

Glory to you who have shown the light.
Glory to God in the highest,
and on earth peace, good will to all people.
We praise you, we bless you,
we worship you, we glorify you,
we give thanks to you for your great glory.
Lord, heavenly King, God the Father Almighty,
Lord, the only-begotten Son, Jesus Christ,
and Holy Spirit.
Lord God, Lamb of God, Son of the Father,
you who take away the sin of the world,
have mercy on us, you who take away the sins
of the world.
Receive our prayer, you who sit at the right hand
of the Father,
and have mercy on us.

For you only are Holy,
you only are the Lord Jesus Christ,
to the glory of God the Father. Amen.

Every day I will bless you and praise your name
for ever and for evermore.
Grant, Lord, that we may be kept this day without
sin.
Blessed are you, Lord God of our Fathers,
and praised and glorified is your name for ever.
Amen.

May your mercy be upon us, Lord,
just as we have hoped in you.
Blessed are you, Lord,
teach me your judgements.
Lord, you have been our refuge from generation to
generation.
I said: Lord have mercy on me, heal my soul,
for I have sinned against you.
Lord, to you have I fled for refuge;
teach me to do your will, for you are my God.
For in you is the source of life;
in your light we shall see light.
Extend your mercy to those who know you.

Holy God, Holy Mighty, Holy Immortal, have
mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Glory to the Father and the Son and the Holy Spirit;
Both now and ever and to the ages of ages. Amen.
Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Scripture Reading

Into your hands, Lord, I commend my soul and body.
Bless me, have mercy on me, and grant me eternal life. Amen.

EVENING PRAYERS

EVENING PRAYERS

At the end of the day, stand before the holy icons in reverence and fear of God, and keep silence for a time. Then make the sign of the Cross and say the following prayers. If time is short, it is better to say only a few of the prayers with care, rather than recite them all in haste.

In the name of the Father and the Son and the Holy Spirit. Amen.

Glory to you, our God, glory to you.

Heavenly King, Comforter, the Spirit of truth,
present everywhere and filling all things,
the treasury of good and giver of life,
come and dwell in us
and cleanse us from every impurity,
and save our souls, Gracious One.

> *During the Easter period, instead of* Heavenly King *say:*
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> **C**hrist is risen from the dead, trampling

down death by death,
and on those in the tombs bestowing life.
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and on those in the tombs bestowing life.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father and the Son and the Holy Spirit;
Both now and ever and to the ages of ages. Amen.

All-holy Trinity, have mercy on us.
Lord, be merciful to our sins.
Master, forgive our transgressions.
Holy One, visit us and heal our infirmities, for your name's sake.
Lord have mercy, Lord have mercy, Lord have mercy.

Glory to the Father and the Son and the Holy Spirit;

Both now and ever and to the ages of ages. Amen.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done on earth as it is in heaven.
Give us today our daily bread
and forgive us our sins,
as we forgive those who sin against us.
And lead us not into temptation,
but deliver us from evil.

For yours is the kingdom and the power and the glory,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

The day has passed, and I give you thanks, Lord; make the evening and the night free of sin, I ask you, Saviour, and save me.

Glory to the Father and the Son and the Holy Spirit;

The day has ended, and I give you glory, Master; make the evening and the night free of offence, I ask you, Saviour, and save me.

Both now and ever and to the ages of ages. Amen.

The day is over, and I give you praise, Holy One;
make the evening and the night free of evil designs, I ask you, Saviour, and save me.

Lord have mercy... *(12 times)*

Let my prayer come before you as incense,
the lifting up of my hands as an evening sacrifice;
Lord hear me.

Psalm 4

When I called upon you, God of my righteousness,
you heard me,
in my distress you gave me room.
Have compassion on me and hear my prayer.
You mortals, how long will you be hard of heart?
Why do you love vanity, and seek after falsehood?
Know also that the Lord has made wondrous his holy one.
The Lord will hear me when I cry to him.
Be angry, and sin not;
feel compunction in your beds for what you say in your hearts.
Offer a sacrifice of righteousness, and hope in the Lord.
Many say: who will show us good things?

The light of your countenance, Lord, has been
signed upon us;
you have given gladness to my heart.
From the fruit of their wheat, wine and oil are they
multiplied.
In peace I will lay me down and sleep,
for you alone, Lord, have made me dwell in hope.

Glory to the Father and the Son and the Holy
Spirit;
Both now and ever and to the ages of ages. Amen.

The Creed

I believe in one God, Father Almighty,
maker of heaven and earth,
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of the Father before all ages,
light from light,
true God from true God,
begotten not made,
of one essence with the Father;
through him all things were made.

Who for us and for our salvation

came down from heaven,
and was incarnate of the Holy Spirit
and the Virgin Mary,
and became human,
and was crucified for us under Pontius Pilate,
and suffered and was buried,
and rose on the third day according to the
Scriptures,
and ascended into heaven,
and is seated at the right hand of the Father,
and will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

And in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father,
who together with the Father and the Son
is worshipped and glorified,
and who spoke through the Prophets.

In one holy, catholic and apostolic Church.
I acknowledge one baptism for the forgiveness of
sins.
I expect the resurrection of the dead,
and the life of the age to come. Amen.

Choose one or more of the following prayers

1

Lord our God,
if I have sinned this day in word, deed or thought,
forgive me all, as the good and loving God you are.
Grant me peaceful and untroubled sleep,
and deliver me from every attack and design of the evil one.
Raise me in due time to give you glory;
for blessed are you,
with your only-begotten Son and all-holy Spirit,
now and ever and to the ages of ages. Amen.

2

Christ our God,
who are worshipped and glorified at all times and every hour,
in heaven and on earth;
long-suffering, merciful and compassionate,
loving the just and merciful to sinners,
calling everyone to salvation
through the promise of good things to come;
receive, Lord, our supplications at this time,
and direct our lives according to your commandments.

Sanctify our souls,
cleanse our bodies,
correct our thoughts,
purify our intentions,
and deliver us from all affliction, evil and distress.
Fortify us with your holy Angels,
so that guarded and guided by their forces
we may attain to the unity of the faith
and the knowledge of your unapproachable glory;
for blessed are you to the ages of ages. Amen.

3
Prayer to one's Guardian Angel
Holy Angel,
attendant of my wretched soul and my afflicted life,
do not desert me a sinner,
nor depart from me because of my weakness.
Give no place to the evil demon
to rule me by dominating this mortal body.
Take my wretched and feeble hand
and lead me in the way of salvation.
Yes, holy Angel of God,
guardian and protector of my wretched soul and body,

forgive me for every grief I have caused you all the
days of my life,
and if I have sinned in anything this day.
Protect me during the present night
and preserve me from every attack of the enemy,
so that I may not anger God through any sin.
And intercede for me to the Lord
so that he may strengthen me in his fear,
and make me a worthy servant of his goodness.
Amen.

4

Prayer of St Ephraim

Recited in Great Lent, with a prostration after each verse

Lord and Master of my life,
give me not a spirit of idleness, meddling,
love of power and idle talk.

But grant me, your servant,
a spirit of soberness, humility, patience and
love.

Yes, Lord and King,
grant me to see my own faults, and not con-
demn my brother;
for blessed are you, to the ages of ages. Amen.

O joyful light of the divine glory
of the immortal, heavenly, holy and blessed
Father,
Jesus Christ.
Having come to the setting of the sun,
having seen the evening light,
we praise Father, Son and Holy Spirit, God.
Right it is that you be praised at all times with
fitting voices,
Son of God, giver of life;
therefore the whole world gives you glory.

Grant, Lord, that we may be kept this night
without sin.
Blessed are you, Lord God of our Fathers,
and praised and glorified is your name for ever.
Amen.
May your mercy be upon us, Lord,
just as we have hoped in you.
Blessed are you, Lord,
teach me your judgements.
Blessed are you, Master,
give me understanding of your judgements.
Blessed are you, Holy One,
enlighten me with your judgements.
Lord, your mercy endures for ever;
do not disregard the works of your hands.
To you is due praise,
to you is due song,
glory is due to you,

Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

Scripture Reading

Into your hands, Lord, I commend my soul
and body.
Bless me, have mercy on me, and grant me
eternal life. Amen.

PRAYERS AT MEALS

PRAYERS AT MEALS

PRAYERS BEFORE A MEAL

The poor will eat and be filled,
and those who seek the Lord will praise him;
their hearts will live for evermore.

Glory to the Father and the Son and the Holy Spirit;
Both now and ever and to the ages of ages. Amen.

Lord have mercy, Lord have mercy, Lord have mercy.

Christ our God,
bless the food and drink of your servants,
for you are Holy,
always, now and ever and to the ages of ages. Amen.

THANKSGIVING AFTER A MEAL

We thank you, Christ our God,
for filling us with your earthly gifts.
Do not deprive us of your heavenly kingdom,
but as you, Saviour, appeared among your
Disciples
and gave them peace,
come among us also and save us. Amen.

COMMUNION PRAYERS

COMMUNION PRAYERS

Taken from the Service of Holy Communion

PREPARATION FOR HOLY COMMUNION

May your holy Body be for me the bread of life everlasting, compassionate Lord,
and may your precious Blood be a protection from all illness.

May your most precious Body and Blood be to me as fire and light, my Saviour,
consuming the substance of sin and burning the thorns of my passions,
and enlightening the whole of me to worship your Divinity.

Psalm 22

The Lord is my shepherd, and I will lack nothing.
In a place of green pasture, there has he made me dwell,
beside the water of rest has he nurtured me.
He has converted my soul,
he has led me on the paths of righteousness for his name's sake.

For though I walk in the midst of the shadow of death,
I will fear no evil, for you are with me.
Your rod and your staff have comforted me.
You have prepared a table before me, in the presence of those who afflict me.
You have anointed my head with oil,
and your cup fills me abundantly.
Your mercy will pursue me all the days of my life,
and I will dwell in the house of the Lord my whole life long.

Prayer of St Basil the Great

I know, Lord, that I partake of your pure Body and precious Blood unworthily,
and that I am guilty, and eat and drink judgement to myself,
not discerning your Body and Blood, Christ my God.
But encouraged by your mercy, I approach you, who said,
He who eats my Flesh and drinks my Blood abides in me and I in him.
Have compassion therefore, Lord,
and do not make an example of me a sinner,
but deal with me according to your mercy;
and let these holy gifts be to me for healing,
purification, illumination, protection, salvation,
and sanctification of both soul and body;
for the averting of every fantasy and evil deed

and activity of the devil working in my members
through my thoughts;
for confidence and love towards you,
for amendment of life, for security,
for increase of virtue and perfection,
for keeping of the commandments,
for communion with the Holy Spirit,
for sustenance on the journey of eternal life,
and for an acceptable defence at your fearful
judgement seat,
not for judgement or condemnation.

Prayer of St John Chrysostom

I am not worthy, Master and Lord,
that you should enter under the roof of my soul;
but since you in your loving kindness wish to
dwell in me,
with courage I approach.
You bid me open wide the gates which you alone
have created,
that you may enter with loving kindness, as is your
nature,
that you may enter and enlighten my darkened
mind.
I believe that you will do this,
for you did not turn away from the Harlot who
approached you with tears,
you did not reject the Tax Collector who repented,
you did not drive away the Thief who recognised
your kingdom,

you did not abandon the Persecutor who repented
of what he was;
but all who were brought to you by repentance
you established in the choir of your friends,
you who alone are blessed,
always, now and to the endless ages. Amen.

Prayer of St John of Damascus

Master, Lord Jesus Christ our God,
who alone have authority to forgive sins:
as a good and loving God,
overlook all my faults, committed in knowledge or
in ignorance,
and make me worthy to receive without condemnation
your divine, glorious, pure and life-giving
mysteries,
not for punishment, or for an increase of sins,
but for purification and sanctification,
and as a pledge of the life and kingdom to come;
as a defence and a help,
for the overturning of enemies,
and for the wiping out of my many transgressions.
For you are a God of mercy and compassion and
loving kindness,
and to you we offer glory,
with the Father and the Holy Spirit,
now and ever and to the ages of ages. Amen.

The following prayers may be said during the Divine Liturgy

Prayer of St John Chrysostom

I believe, Lord, and I confess
that you are truly the Christ, the Son of the living God,
who came into the world to save sinners,
of whom I am the first.
I also believe that this is indeed your pure Body,
and this is indeed your precious Blood.
I ask you, therefore,
have mercy on me and forgive me my transgressions,
voluntary and involuntary, in word and deed,
in knowledge and in ignorance;
and make me worthy, uncondemned, to partake of your pure mysteries,
for the forgiveness of sins and eternal life. Amen.

Verses of St Symeon Metaphrastes

Behold, I approach for holy Communion;
Maker, burn me not, as I partake;
For you are fire burning the unworthy;
But cleanse me from every impurity.

Troparion

Of your mystical Supper, Son of God, receive me today as a partaker;
for I will not speak of the mystery to

your enemies;
I will not kiss you as did Judas;
but as the Thief do I confess you:
Remember me, Lord, in your kingdom.

Verses

Tremble, mortal, as you behold the deifying Blood;
For it is a burning coal consuming the unworthy.
The Body of God both deifies and nourishes me;
It deifies the spirit and wondrously nourishes the mind.

Troparia

You have smitten me with yearning, Christ,
and by your divine love you have changed me;
but consume my sins with immaterial fire,
and make me worthy to be filled with delight in you,
that leaping for joy, Gracious One,
I may magnify your first and second comings.

Into the splendour of your Saints how shall I, the unworthy one, enter?
For if I dare to enter the bridal chamber, my clothing betrays me,
for it is not a wedding garment,
and I shall be bound and cast out by the Angels.
Cleanse the defilement of my soul, Lord,
and save me in your loving kindness.

Prayer

Loving Master, Lord Jesus Christ my God,
let not these holy gifts be to me for judgement
through my unworthiness,
but for the purification and sanctification of both
soul and body,
and as a pledge of the life and kingdom to come.
For it is good for me to cling to God,
and to place in the Lord the hope of my salvation.

THANKSGIVING
AFTER HOLY COMMUNION

Glory to you, O God.
Glory to you, O God.
Glory to you, O God.

Anonymous

I thank you, Lord my God,
for not rejecting me a sinner,
but making me worthy to be a partaker of your holy things.
I thank you for making me, who am unworthy,
worthy to partake of your pure and heavenly gifts.
But loving Master, who died for us and rose again
and bestowed on us these your dread and life-giving mysteries,
for the benefit and sanctification of our souls and bodies,
grant that they may be to me for the healing of both soul and body,
for the averting of everything hostile,
for the illumination of the eyes of my heart,
for the peace of my spiritual powers,
for faith unashamed,
for love unfeigned,
for the fullness of wisdom,
for the observing of your commandments,
for the increase of your divine grace,

and the attainment of your kingdom;
so that protected by them in your holiness
I may always remember your grace
and no longer live for myself,
but for you our Master and benefactor.
And so when I have departed this life in the hope of eternal life
may I attain to everlasting rest,
where the sound of festival is unceasing,
and the pleasure is endless
of those who behold the indescribable beauty of your countenance.
For you are that which is truly desired,
and the inexpressible gladness of those who love you, Christ our God,
and all creation praises you for ever. Amen.

Prayer of St Basil the Great

Master, Christ our God,
King of the ages and creator of all,
I thank you for all the good things you have bestowed on me
and for the partaking of your pure and life-giving mysteries.
I ask you therefore, good and loving one,
guard me under your protection
and in the shadow of your wings;
and grant that with a pure conscience until my last breath

I may worthily partake of your holy things
for the forgiveness of sins and eternal life.
For you are the bread of life,
the source of holiness,
and the giver of good,
and to you we offer glory,
with the Father and the Holy Spirit,
now and ever and to the ages of ages. Amen.

Anonymous

May your holy Body, Lord Jesus Christ our God,
be to me for eternal life,
and your precious Blood for the forgiveness of sins.
And may this Eucharist be to me for joy, health and gladness;
and in your fearful second coming
make me, a sinner, worthy to stand at the right hand of your glory,
through the intercessions of your all-pure Mother and all your Saints. Amen.

Anonymous

All-holy Lady Theotokos,
the light of my darkened soul,
my hope, protection, refuge, consolation and joy,
I thank you for making me, who am unworthy,
worthy to partake of the pure Body and precious Blood of your Son.

But you who gave birth to the true light,
enlighten the spiritual eyes of my heart;
you who conceived the source of immortality,
give life to me who am dead through sin;
you the compassionate Mother of the merciful God,
have mercy on me
and give me compunction and contrition in my heart,
humility in my reasoning,
and the recall of my thoughts from captivity.
And make me worthy until my last breath
to receive without condemnation the sanctification of the pure mysteries,
for the healing of both soul and body;
and grant me tears of repentance and confession,
so that I may praise and glorify you all the days of my life.
For you are blessed and glorified for ever. Amen.

THE TYPICA

THE TYPICA

Taken from the Service of the Typica, a traditional form (typos) of prayer 'corresponding in a certain way to the Divine Liturgy, when the latter is not celebrated' (St Symeon of Thessalonica). It may also be used when one is unable to attend Church.

In the name of the Father and the Son and the Holy Spirit. Amen.

Psalm 102

Bless the Lord, O my soul,
and all that is within me bless his holy name.
Bless the Lord, O my soul,
and forget not all that he has done for you.
He is gracious to all your iniquities,
and heals all your infirmities.
He redeems your life from corruption,
and crowns you with mercy and compassion.
He fulfils your desire with good things,
your youth will be renewed as the eagle's.
The Lord performs deeds of mercy,
and executes judgement for all who are wronged.
He has made his ways known to Moses,

to the sons of Israel the things that he has willed.
Compassionate and merciful is the Lord,
longsuffering and plenteous in mercy;
not to the end will he be angered,
nor to eternity will he keep his indignation.
Not according to our iniquities has he acted towards us,
nor according to our sins has he rewarded us.
For according to the height of heaven from the earth,
the Lord has made his mercy to prevail over those who fear him.
As far as the east is from the west,
so far has he removed our iniquities from us.
As a father has compassion on his sons,
so has the Lord had compassion on those who fear him,
for he knows what we are made of,
he has remembered that we are dust.
As for us, our days are as grass;
as a flower of the field, so will we blossom forth.
For when the wind has passed over it, then it will be gone,
and no longer will it know the place it had.
But the mercy of the Lord is upon those who fear him,
from eternity to eternity.
And his righteousness is from generation to generation,

upon those who keep his testament
and remember his commandments to do them.
The Lord in heaven has prepared his throne,
and his kingdom rules over all.
Bless the Lord, all you his Angels, mighty in strength,
who perform his word and hear the voice of his words.
Bless the Lord, all you his hosts,
his ministers who do his will.
Bless the Lord, all you his works,
in every place of his dominion.
Bless the Lord, O my soul.

Glory to the Father and the Son and the Holy Spirit;

Psalm 145

Praise the Lord, O my soul.
I will praise the Lord in my life,
I will sing to my God while I have my being.
Trust not in princes,
in mortals, in whom there is no salvation.
His spirit will depart, and he will return to his earth.
In that day all his thoughts will perish.
Blessed is he whose help is the God of Jacob,
whose hope is in the Lord his God.
Who has made heaven and earth,

the sea and all that is therein.
Who keeps truth for ever,
who executes judgement for the wronged,
who gives food to the hungry.
The Lord frees the fettered, the Lord gives wisdom to the blind,
the Lord restores the broken down, the Lord loves the righteous,
the Lord watches over strangers.
He will take up the orphan and widow,
and the way of sinners will he destroy.
The Lord will reign for ever,
your God, O Sion, to generation after generation.

Both now and ever and to the ages of ages. Amen.

Only-begotten Son and Word of God,
you who are immortal,
and consented for our salvation
to be incarnate of the holy Theotokos and ever-virgin Mary,
without change becoming human,
and who were crucified, Christ our God,
by death trampling on death;
you who are one of the Holy Trinity,
glorified together with the Father and the Holy Spirit,
save us.

The Beatitudes

In your kingdom remember us, Lord, when you come in your kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven.

Glory to the Father and the Son and the Holy Spirit;

Both now and ever and to the ages of ages. Amen.

Remember us, Lord, when you come in your kingdom.
Remember us, Master, when you come in your kingdom.
Remember us, Holy One, when you come in your kingdom.

The heavenly choir praises you and says:
Holy, Holy, Holy, Lord of Sabaoth,
heaven and earth are full of your glory.

Come to him and receive light,
and your faces will not be put to shame.

The heavenly choir praises you and says:
Holy, Holy, Holy, Lord of Sabaoth,
heaven and earth are full of your glory.

Glory to the Father and the Son and the Holy Spirit;

The choir of holy Angels and Archangels,
with all the heavenly powers,
praises you and says:
Holy, Holy, Holy, Lord of Sabaoth,
heaven and earth are full of your glory.

Both now and ever and to the ages of ages. Amen.

Scripture Reading

The Creed

I believe in one God, Father Almighty,
maker of heaven and earth,
and of all things visible and invisible.

And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of the Father before all ages,
light from light,
true God from true God,
begotten not made,
of one essence with the Father;
through him all things were made.

Who for us and for our salvation
came down from heaven,
and was incarnate of the Holy Spirit
and the Virgin Mary,
and became human,
and was crucified for us under Pontius Pilate,
and suffered and was buried,
and rose on the third day according to the
Scriptures,
and ascended into heaven,
and is seated at the right hand of the Father,
and will come again in glory
to judge the living and the dead,
and his kingdom will have no end.

And in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father,
who together with the Father and the Son
is worshipped and glorified,
and who spoke through the Prophets.

In one holy, catholic and apostolic Church.
I acknowledge one baptism for the forgiveness of sins.
I expect the resurrection of the dead,
and the life of the age to come. Amen.

Pardon, remit, forgive our transgressions, O God,
voluntary and involuntary,
in word and deed,
in knowledge and in ignorance,
by night and by day,
in mind and thought;
forgive us them all, as a good and loving God.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done on earth as it is in heaven.
Give us today our daily bread
and forgive us our sins,
as we forgive those who sin against us.

And lead us not into temptation,
but deliver us from evil.

For yours is the kingdom and the power and the glory,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

Kontakion
On the mount you were transfigured,
and your Disciples, as much as they could bear,
beheld your glory, Christ our God;
that when they saw you crucified,
they might know your suffering to be willing,
and might preach to the world
that in truth you are the radiance of the Father.

Here keep silence for a time

Lord have mercy...*(12 times)*

Psalm 33
I will bless the Lord at all times,
his praise will ever be in my mouth.
In the Lord will my soul be praised;
let the meek hear and be glad.
Magnify the Lord with me,
and let us exalt his name together.
I sought the Lord and he heard me,
and delivered me from all my afflictions.

Come to him and receive light,
and your faces will not be put to shame.
This poor man cried and the Lord heard him,
and saved him out of all his afflictions.
The Angel of the Lord will encamp round about
those who fear him,
and will deliver them.
Taste and see that the Lord is good;
blessed is the one who hopes in him.
Fear the Lord, all you his saints,
for those who fear him have no want.
The rich have turned poor and gone hungry,
but those who seek the Lord will not be deprived
of any good thing.
Come you children, hearken to me;
I will teach you the fear of the Lord.
Who is there who desires life, who loves to see
good days?
Keep your tongue from evil,
and your lips from speaking guile.
Turn away from evil and do good;
seek peace and pursue it.
The eyes of the Lord are upon the righteous,
and his ears are open to their prayer.
The face of the Lord is against those who do evil,
to destroy utterly their memory from the earth.
The righteous cried and the Lord heard them,
and delivered them from all their afflictions.

The Lord is near to the brokenhearted,
and he will save the humble in spirit.
Many are the afflictions of the righteous,
and from them all will the Lord deliver them.
The Lord keeps all their bones,
not one of them will be broken.
The death of sinners is an evil one,
and those who hate the righteous will do wrong.
The Lord will redeem the souls of his servants,
and none of those who hope in him will do wrong.

Through the prayers of our holy Fathers,
Lord Jesus Christ our God,
have mercy on us and save us. Amen.

OCCASIONAL PRAYERS

OCCASIONAL PRAYERS

JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me a sinner.

The Jesus Prayer may be used to pray for others, in this way:

Lord Jesus Christ, Son of God, have mercy on your servant (name)

FOR THE DEPARTED

O God of spirits and all flesh,
who have trampled down death,
made the devil powerless,
and given life to your world,
give rest, Lord, to the soul
of your servant (name) who has fallen asleep,
in a place of light,
in a place of green pasture,
in a place of refreshment,
from where pain, sorrow and sighing have fled.

As a good and loving God,
forgive every sin committed by him/her
in word, deed or thought;
for there is no one who lives and does not sin;
you alone are without sin,
your righteousness endures for ever,
and your law is truth.
For you are the resurrection, the life and the repose
of your servant (name) who has fallen asleep,
Christ our God,
and to you we offer glory,
with your eternal Father
and your all-holy, good and life-giving Spirit,
now and ever and to the ages of ages. Amen.

IN TIME OF ILLNESS

For Oneself

Holy Father, physician of souls and bodies,
who sent your only-begotten Son, our Lord Jesus Christ,
to heal every illness and redeem from death,
heal also me your servant
from my present illness of body and soul,
and give me life, by the grace of your Christ;
through the intercessions of our most holy Lady
Theotokos and ever-virgin Mary, and all the

Saints.
For you are the source of healing, O God our God,
and to you we offer glory,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

For Others

Master, Lord of Sabaoth, our God,
Father of our Lord Jesus Christ,
sitting upon the Cherubim and praised by the Seraphim,
dwelling on high and watching over things below,
making the sun to rise on the good and the bad,
sending rain on the just and the unjust,
governing and guiding with indescribable power and wisdom
all creation and all life,
chastising and restoring to health;
receive me as I approach your goodness,
and do not feel loathing for me a sinner,
but hear the voice of my prayer,
and send help from your holy dwelling
out of compassion for the creation of your hands,
you who listen to the prayers of all,
and heal your servant (name)
from the illness which has come upon him/her.
For you are the one who has mercy and saves us, our God,

and to you we offer glory,
Father, Son and Holy Spirit,
now and ever and to the ages of ages. Amen.

FOR FORGIVENESS

Lord my God,
I confess to you all the ways in which I have grieved you,
both in soul and body, in word, deed, or thought.
For I know my transgression,
and my sin is ever before me.
But now, merciful Lord, with repentance and compunction
I approach your boundless love.
I ask you, therefore, do not turn your face from me,
but forgive all my offences, both voluntary and involuntary,
and wipe out all my sins.
Create a pure heart in me,
and renew an upright spirit within me.
Show me the way in which I am to walk,
for to you have I lifted up my soul.
Teach me to do your will,
for you are my God.
Cleanse the defilement of my soul, Lord,
and save me in your loving kindness.

IN TIME OF TROUBLE

Lord our God, who became human
and did not refuse the hardship and tears of this
present life,
but humbled yourself also in this,
to show that our weak nature
is related to and compatible with your Divinity,
look with compassion on me your troubled servant
in this time of trial,
and grant me the humility of the Harlot,
the repentance of Peter,
the endurance of your Martyrs,
the wisdom of your Saints.
You who cried out in pain and anguish shortly
before your suffering,
Now my soul is troubled and what shall I say?,
do not disregard my cry sent up to you at this hour
with sighs too deep for words,
but with this trial provide also the way out
so that I may be able to endure it
and glorify your boundless mercy and love for us,
Father, Son and Holy Spirit, for ever. Amen.

BEFORE A JOURNEY

Lord Jesus Christ,
who travelled with the two Disciples to Emmaus
after the resurrection,
and set their hearts on fire with your grace,
travel also with me
and gladden my heart with your presence.
I know, Lord, that I am a pilgrim on this earth,
seeking the citizenship which is in heaven.
Surround me with your holy Angels
and keep me safe from seen and unseen dangers.
Direct my steps to the fulfilment of your will.
Grant that I may see the beauty of creation
and comprehend the wonder of your truth in all
things.
For you are the way, the truth and the life,
and to you I offer glory and thanks for ever.
Amen.

FOR PEACE

Lord, the King of peace,
who through your measureless goodness
have brought all things into being from nothing,
and in a multitude and variety of forms
have proclaimed your boundless wisdom and
power,

and mystically shown in advance to Angels and humankind
your harmonious hymn of love;
give us today, who have gone off course and lost our way,
a spirit of understanding
that leads to repentance and obedience and humility,
so that moved once more to godly compunction by your wonders
we may become grateful partakers and faithful stewards of them.
You who promised and granted to your holy Disciples and Apostles
your peace which surpasses all understanding,
give also to us unworthy ones
the illumination of your all-holy Spirit,
so that we may know and believe
that true and lasting peace
is always founded upon your righteousness alone,
and proclaiming this and conducting our lives accordingly
we may attain reconciliation and blessedness,
to the glory of the Trinity beyond all being and all praise,
and for the salvation of the whole world.

BEFORE ANY TASK

Lord of strength and compassion,
who by your unsearchable power and almighty hand
create and support all things,
who in your providence and kindness
grant a proper and beneficial time for every good task,
so that your kingdom may always be glorified;
give also to me, who am unworthy, your help from above,
so that I may bring to a good end, in a way pleasing to you,
the task which I begin in your name today,
for the service of your people and the salvation of my soul.
For it is you who cause us both to will and to act for your good pleasure,
and to you we offer glory and thanks,
with your only-begotten Son and your Holy Spirit for ever. Amen.

TO A SAINT

Pray to God for me, Saint (name), well-pleasing to God;
for I turn to you, my speedy helper and protector.

THANKSGIVING

We thank you, most gracious Trinity,
that in the multitude of your compassion for us,
from the time that you called us from non-being into being,
you have not ceased day and night
to bestow benefits on every rational and irrational creature,
so that through all and in all your most holy name might be glorified,
Father, Son and Holy Spirit.

We thank you, Father, source of all good,
that through your indescribable will
you were pleased to honour the human race with your image.

We thank you, only-begotten Son,
who in your incomparable love for us
descended to the depths of hades,
and through the Cross granted joy to the world and to us eternal life.

We thank you, coeternal Spirit of truth,
who give us wisdom and understanding,
and cry Abba Father in our hearts,

so that we may know the gifts of adoption in God
and ever share in them with gratitude.

Glory to you, all-holy and consubstantial and life-giving Trinity, for ever. Amen.

CONCLUDING PRAYER

Often used at the conclusion of prayer or any other activity

Through the prayers of our holy Fathers,
Lord Jesus Christ our God,
have mercy on us and save us. Amen.